



10 Steps to a Positive Body Image

We all have days when we'd rather not look in the mirror. But even on those days it's important to hold our head high and carry ourselves with dignity and respect. Here are some ways to think positively about your body.

1. Appreciate your body and all of the amazing things it can do, such as run, dance, breathe and laugh.
2. Give yourself credit for your positive qualities. Consider journaling a top-10 list of things you like about yourself – things that aren't related to how much you weigh or what you look like. Refer to it whenever you're feeling down.
3. Remind yourself that true beauty is more than skin deep. Look for ways to improve your personality and character.
4. Use the time and energy that you might have spent worrying about food, calories and your weight to do something to help others. Reaching out to others will help you feel better about yourself and can make a positive change in our world.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you are.
6. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you – as a whole person.
7. Get moving! Exercise, in moderation of course, not only improves your health, it releases endorphins that boost your mood and help you feel better about your appearance.
8. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
9. Become a critical viewer of social and media messages. Understand and question images, slogans or attitudes that make you feel bad about yourself or your body.
10. Do something nice for yourself – something to pamper your body. Take a bubble bath, make time for a nap or find a peaceful place outside to relax.

For more information on how MHN can help you, call (866) 327-4762

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